

# INFORM

The Official Magazine of U3A (UWA) Inc.  
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Patron: Emeritus Professor Alan Robson AM, CitWA

## CITY LECTURE SERIES

The Speaker for the final City Lecture for year 2014 will be Commodore Bob Trotter whose talk will be on "**Finding the Wreck of HMAS Sydney**". The Lecture will now be held at the State Library Lecture Theatre on **Sunday 9 November 2014** commencing at 2.00 pm. Please note the change of date.



You will recall Bob speaking to us last November about the search for *HMAS Sydney*, and this will be a continuation of that subject.

## DELIVERY OF YOUR INFORM

It has been proposed to make the *Inform* magazine available to members by e-mail as a .pdf file. Members will still have the option of either receiving a paper copy in the post or an electronic copy via email. Read the full proposal on page 2.

## THE GALAPAGOS ISLANDS



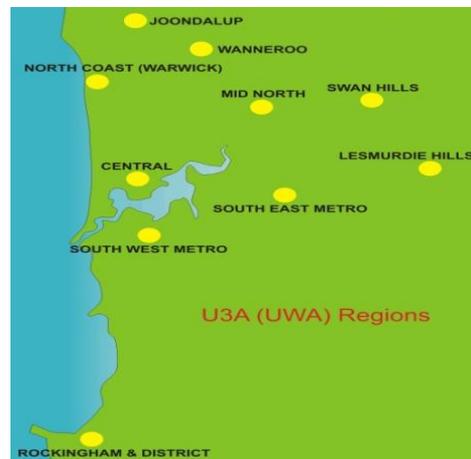
The Galápagos Islands are an archipelago of volcanic islands distributed on either side of the Equator in the Pacific Ocean, 926 km west of Ecuador, of which they are a part. The Galápagos Islands and their surrounding waters form an Ecuadorian province, a national park, and a biological marine reserve. The fauna found on the islands are unique such as this Land Iguana. Read more on page 16.



Contacts in your local U3A Region:

Central	9341 3631
Joondalup	9305 3370
Lesmurdie Hills	9453 1436
Mid North	9276 9670
North Coast (Warwick)	9447 5406
Rockingham & Districts	9593 9852
South East Metro	9350 5992
South West Metro	9364 5523
Swan Hills	9274 3224

See pages 7-10 for information on Regional Meetings and Study Groups.



## U3A COUNCIL

**President:** Peter Alcock (9447 5406)  
[petara@iinet.net.au](mailto:petara@iinet.net.au)

**Deputy President:** Geoff Smith (9279 3803)  
[nuthatch77@iinet.net.au](mailto:nuthatch77@iinet.net.au)

**Hon. Treasurer:** Valerie Buckley (9527 2911)  
[valeriebuckley@westnet.com.au](mailto:valeriebuckley@westnet.com.au)

**General Secretary:** Vacant

**Membership Secretary:** Contact U3A (UWA) Office (6488 1857) [info@u3auwa.org](mailto:info@u3auwa.org)

**Inform Editor:** David Phillips (9593 9852)  
[dph87111@hotmail.com](mailto:dph87111@hotmail.com)

**Website Coordinator:** Geoff Smith (9279 3803)  
[nuthatch77@iinet.net.au](mailto:nuthatch77@iinet.net.au)

## U3A OFFICE

Please note that the U3A Office is open for business on Mondays, Wednesdays and Fridays from 9am to 12noon.

**Location:** Building 7, University of Western Australia, Princess Road, Claremont, WA 6010.

**Post to:** U3A (UWA) Inc, University of Western Australia M421, 35 Stirling Highway, Crawley WA 6009. (Please note now M421 not M432).

**Phone:** 6488 1857.

**Email:** [info@u3auwa.org](mailto:info@u3auwa.org)

**Website:** [www.u3auwa.org](http://www.u3auwa.org)

## U3A (UWA) SEMINAR 2014

Our Annual Seminar was held on Thursday 17 July 2014 at the State Library Lecture Theatre and was titled "***Beyond Bali: Indonesia, Our Nearest Neighbour***". There were about 170 attendees representing U3A's throughout Western Australia.

Chairman of the Organising Committee, John Macdonald



welcomed everyone and introduced Peter Alcock, President of U3A (UWA) to open the Seminar. Peter set the scene for the Seminar topic describing the vast area of the Indonesian archipelago, its nearness to the northern Australian coast, and the differences between the two countries especially in

terms of geological stability including the Sunda Trench and the volcanoes. The eruption of Tambora in 1815 causing "The Year without Summer", that of Krakatoa in 1883 with the resulting shock waves around the world, and that near Aceh in 2004 with the resulting devastating tsunami throughout the Indian Ocean region were examples of the ripple effects of the foundations of Indonesia and of "civilisation by natural consent".

The first speaker was Professor David Hill who gave his widespread personal "*Reflections on Indonesian History*". Professor Hill is Chair of South-East Asian Studies and the Board of Management of the Asia Research Centre at Murdoch University, and also Founder and Director of the Australian Consortium for In-Country Indonesian Studies (ACICIS). Professor Hill briefly outlined ACICIS, a group of more than 20 Australian and international universities which assists foreign students to study in Indonesian universities. Professor Hill first visited Indonesia as a schoolboy in 1971. Since then the identity of contemporary Indonesia has been built up by the media and by Indonesian literature being translated into English. 'Unity in Diversity' is the challenge to administer the vast area of 33 provinces, thousands of islands and 245 million people who did not have a common language until Bahasa Indonesian was introduced during unification. He presented the history of the waves of civilisations and migrations, the importance of the trade of local products and the significance of the trade routes, together with the strong influence of the Dutch rule followed by World War 2 occupation leading to the struggle for independence. The story of contemporary political leadership was amusingly capped off by three cartoons showing how the Indonesians view Australia and Australians. He eloquently answered questions as diverse as "What happened to Sukarno and Suharto?", "Is there a dominant Muslim group?" and "Isn't Indonesia a secular country?"

There then followed a casual "brunch" served in the foyer of the Library where members had the opportunity to talk to the guest speakers and generally renew acquaintances.

Following "brunch", the second speaker was Salamah Pope who has 30 years experience in Indonesia cross-cultural teaching. Salamah spoke about the spiritual history of "*Nusantara: The Islands Between*" and showed early maps of land bridges allowing easy migration between countries. Salamah showed interesting pictures of various artefacts, statues and temples as she spoke about the waves of spiritual influence moving through the islands which was done peacefully through infiltration by trade and

travel. She spoke about the current position where western-style life is found in the cities but life in the villages and countryside remains much the same as in the past. There is a shift in teaching in the local schools which is a cause for concern as it is taking on a more violent form of Islamic influence. In conclusion, Salamah described the Indonesian flag and coat of arms as the Five Principals of



Unification that moulded the Indonesian people into a nation. Salamah answered many questions from the audience.

The final speaker for the day was Ross Taylor who presented an overview of "*Indonesian/Australian Relations Today*". Ross, a leading commentator on Indonesian/Australian relations, opened his talk by stating that spirituality is so entrained in Indonesian society that their people think that someone who does not have a religion is "strange". Some of Ross' talk dealt with the current political situation in Indonesia and that Australians should be pleased that they organised the current elections so successfully given the vast areas described in Professor Hill's talk. Ross also spoke about the two candidates vying for the Presidency and the possible scenarios that could arise after final declaration of the election. Ross then went on to discuss trade possibilities between Australia and Indonesia and, in his opinion, this is underdone and we so often fail to capitalise on potential trade with Indonesia. This was illustrated by two interesting stories of success with small businesses, one being the sale of the roadside cats' eyes to Indonesia, while the other was about fishing lures now being made in Indonesia while creating more jobs in Australia and Indonesia. Ross concluded with his thoughts on topics such as boat people, youth holiday working visas, student study programs in Indonesian Universities, and the interesting political times ahead following the election results. Members had questions about aspects of Indonesia ranging from levels of corruption, outcomes from a recent business delegation, and the situation in Aceh Special Province following the devastating tsunami in 2004.

John Ashton closed the proceedings by indicating that it fulfilled what U3A is all about, that we learned a great deal on the day, and this is a very good start for further learning. The excellent efforts of the Organising Committee and other volunteers were recognised with acclamation. John then asked members to speak to their Council Delegate about their experience of the new venue and format of the Seminar for 2014.

**Janice Brooks**

## DELIVERY OF YOUR INFORM

It has been proposed to make the *Inform* magazine available to members by e-mail as a .pdf file. There are many advantages in e-mailing the magazine to members. Apart from the substantial cost saving to the organization in printing and postage and the reduction in unnecessary paper consumption, there is the opportunity for more colour images to be included throughout at no additional cost. Printing pages in colour is a very expensive exercise. Members without access to the Internet and/or those opting to receive a paper copy will still have the option of receiving one. Members will have the opportunity to indicate their preference by replying to an email to be circulated following the distribution of this edition of *Inform*.

## **PRESIDENT'S REPORT**

The new Wanneroo Region is gradually growing and, at the end of September, had 14 members. Could Scarborough be the next Region? Representations are currently being conducted in the Scarborough district where there is some interest and there is certainly a gap in that area in the U3A coverage of the Perth Metropolitan area.

There are a few minor changes in the offing. As noted elsewhere in this edition, the option to receive *Inform* in your e-mail Inbox instead of your letter box will be made available for Issue #117. I would emphasize that this is only an option and, by doing nothing, you will still receive the usual paper copy in the mail, but with colour only on the front and back pages.

Our Honorary Treasurer, Valerie Buckley has set up online banking so that both payments and receipts can be managed online. Again this need not affect any one if they prefer to continue with using cheques in the mail but, for the increasing numbers of members who no longer use cheques, this should provide a convenient alternative. Payments by card for City Courses could be an option, but Paypal is unlikely to be reintroduced in the near future.

It has been necessary to change our postal address in the UWA system as a result of the Extension Service relocating to the Crawley campus effective from 31 October 2014 and their room M432 is to have a new tenant. We will now receive our mail via the Music Examination Board in Room M421 (see page 1.) There are no plans to move the Office, and it is only the postal address that will change. Nevertheless, it is important to include the M421 number in the postal address as shown on the U3A (UWA) Website and on your renewal notice, otherwise mail can be returned to sender if the recipient does not recognise the addressee.

The Seminar held in July at the State Library was widely regarded as a success and plans are already underway for next year's Seminar to be held at the same venue, albeit with a few minor alterations to the catering arrangements.

The Annual General Meeting for 2015 will be held on Sunday 12 April at the State Library Theatre.

Meanwhile, enjoy this edition of *Inform* and have a happy and prosperous Festive Season. **Peter Alcock**

## **CERTIFICATES OF APPRECIATION**

The U3A Council has decided to continue the awarding of Certificates of Appreciation in year 2014. There will be a maximum of five certificates awarded to recognise outstanding service to U3A (UWA) in either Regions and/or Council. It is up to Regional Committees to nominate suitable members for consideration by Council. The following are the criteria for the Award:

- To qualify for the Award, the recipient must be a member in good standing.
- To qualify for the Award, the recipient should have performed some outstanding service over a number of years, over and above holding a specific office.
- All members of Council considering the application are to be ineligible for the Award in that year.
- Other than the initial tranche of Awards in year 2013, the number of Awards each year is not to exceed five.
- Applications may be submitted by the Committee of a Region or by Council. No personal applications will be considered. Applications are to be sent to the General Secretary. Application forms are available from the General Secretary.

• Applications are to be submitted to Council for consideration by **November** of each year, for conferral at the next AGM.

• Certificates are to be conferred at each AGM.

Applications must include a statement in support of the candidate and be signed by the Chairman and Secretary.

This is the final call for nominations.

## **U3A NETWORK**

At the Network Committee meeting on 21 September 2014, Paul Thiessen was co-opted to the Committee. Others present were Peter Flanigan, Norma Vaughan, Don McDonald and Helen Baker.

U3A members' attention is drawn to the Website U3ANetworkWA where all the latest news and relevant documents are included. More news from groups is always welcomed, sometimes people seem reluctant to let everyone else know what they are doing.

The main discussion centered about implementing the Strategic Plan. Paul Thiessen offered to adapt a generic power point presentation which could be available to all U3A's to use when invited to speak to other groups. Paul also tabled a laminated flier which could be put on display in libraries etc.

The concept of a State Conference was raised but deferred due to the lack of volunteers for its organization.

The value of personal visits was emphasized and attempts will be made to visit groups further afield such as Geraldton, Manjimup and Margaret River. **Peter Flanigan**

## **SWAN HILLS REPORT**

As U3A members are in the "Third Age" it is only natural we should be thinking of taking care of our health. With this in mind, Swan Hills Region has looked at various age related subjects concerning our health and wellbeing.

The importance of looking after our eyesight was stressed by Georgina Ryan of The Macular Disease Foundation when she talked to our Region about Macular Degeneration. While most of us would be aware of the risks of developing glaucoma or cataracts, Georgina informed us that the Macular Disease Foundation considers MD to be the leading cause of blindness and severe vision loss in Australia. The main risk factors include, being over fifty, direct family history, and smoking. After explaining just what and where the macular is, we were informed as to the symptoms and urged not to dismiss any changes in eyesight as part of getting older. Any change in vision should be referred to an optometrist or ophthalmologist without delay as early detection can save your sight. At the conclusion of her talk Georgina gave each member a card to put on their fridge. On the card is an Amsler Grid which is designed to test for possible symptoms of MD. More information can be found at [www.mdfoundation.com.au](http://www.mdfoundation.com.au)

Other age related presentations have included "Your Driving Future" courtesy of the RAC, and a talk on the importance of dietary fibre, by Janice Brooks.

The Swan Hills Region is however not all about ageing, and our regular Mystery Speaker spot continues to bring us varied, interesting and entertaining talks, along with presentations by members on a wide range of subjects.

**Gillian Ashton**

## **I KNEW I SHOULD HAVE DONE IT**

*by David Bindley, Central Region*

I knew I should have done it. I knew I'd be tempting fate if I didn't do it. All my friends were doing it. People I met in the street were doing it. The radio lady said we should do it. Documentary TV programmes explain how much better off we'd be if we did it. Large newspaper ads told us to get on and do it.

So what was I supposed to do? Put myself up as some sort of expert or know-all, God like, and not do it. Let's face it, once I start acting like the omnipotent there's a strong possibility the real supremo will more than likely point his finger at me and I'll evaporate in a flash of lightening.

So I did it. I had my flu jab. The nurse was very nice, polite and none too bossy. She asked me if I had any reactions to injections and I told her I couldn't remember because I usually passed out. With that she suggested that I lie on the floor in order to avoid any broken bones or damage to the clinic furniture. I thought this a really good idea and congratulated her for her forethought.

A few days before my injection my wife and I put on a birthday BBQ for our eldest son Richard. There was nothing over the top, just our family and a few aunts, uncles, nephews and nieces. For me a couple of steaks, a few baked potatoes and some salad would have been the go. But my wife, Lyn, said we should make a bit more of an effort as Richard was after all our son and there were relatives coming along. As I could not argue with this logic, we had some prawns, chicken, steak, potatoes, salad, apple crumble and ice cream all washed down during the afternoon with gin and tonics and some red wine. The party went really well but, undetected lurking around in the bushes or sliding across the lawn or more probably wafting about in the breeze, was public enemy number one, Mr and Mrs Flu and their family of little viruses.

I suspected nothing of this impending viral attack at the time, although I had heard a few coughings and splutterings during the party but thought nothing of it.

Well you can imagine my surprise when in the middle of the night I awoke to do a little light throat clearing only to find that I was in the middle of a major convulsion that nearly threw me out of bed and which could hardly have been matched by a Kung-Fu expert.

This became the beginning of fourteen days, and especially nights, of nasal drippings, nose blowings, head aching and temperature gyratings, all accompanied by considerable moanings and groanings.

You see, for me being sick was a real novelty as I hadn't really been sick for some 20 years. When people told me they had been sick, had the flu or had some other ailment I'd say "I'm sorry to hear that" and move on with the conversation with no idea as to how they felt. Now I was getting a better understanding.

At the beginning of my encounter with the Flu family I decided the best plan was to suppress the nasal drips by taking some white and occasionally pink tablets. This reduced the drippings but increased the coughings. So I

embarked on "Plan B" by adding some brown expectorant cough mixture. This chemical combination seemed to cause great confusion to my internal workings. Did I want to dry up or let it all flow out? In fact I began to suspect that I not only had the flu but probably an attack of the plague leading to a Black Death. At this point, as far as I could see, I had several options. I could accept the situation and let things run their course and make an appointment with an undertaker, or I could disregard the expense and visit a guru in Bombay for a miracle cure, or I could call in at the local GP's surgery. I decided to keep it simple, because despite my wife's opinion, I am an uncomplicated person and opted for the GP.

It's not pleasant sitting, or worse standing, in the waiting room seeing all these people who have had a near to death experience or it appears, in some cases, actual death experience. I did feel sorry for them but managed to focus my attention on my own problems and rehearse the details of my illness to recount to the doctor. All of a sudden the consulting room door opened and a very over weight sweating doctor with strands of black hair plastered down onto his bald head appeared calling my name. My immediate reaction was to ignore his call but then I realised that the receptionist would dob me in. I considered fainting but that would encourage the medico to start prodding and probing me to see if I was still alive. In the end I decided to "go with the flow" as they say.

Having fitted himself into his consulting chair, I began to explain my symptoms but within thirty seconds he announced that I had the flu and that it would work itself out over the next few days and that I should go home and rest. I asked him about my preventative flu injection, he said some times they were administered too late. At which point I recognised I should have done it when everybody said I should do it. With his advice lodged in my memory bank I went home and rested and here I am to tell you the tale.

### **VALE AUDREY MOORE**

The Rockingham & Districts Region has lost a valued member in Audrey Moore. Audrey joined the Region in 1999 and immediately involved herself in many of our activities, and was an active Committee member for many years. Her friendly manner and quirky sense of humour will be long remembered by her many friends.

### **VALE LILA SEMPLE**

The South West Metro Region has lost a valued member in Lila Semple. Lila was a previous President of U3A (UWA) Council as well as serving as President and Treasurer in SW Metro. She will be remembered as being a vital affirming person full of goodwill. She was a flamboyant person and one of the early workers in U3A (UWA).

### **VALE MAURICE COLLING**

Members of North Coast (Warwick) Region send our thoughts and condolences to Pat Colling on the passing of her dear husband, Maurice. Maurice was one of our quiet gentlemen and will be missed at our meetings.

## SCIENCE CORNER – FIRED CLAY BRICKS

The use of fired clay bricks in Western Australia is more extensive than in other States of Australia due, in particular, to our harsh summer climate. We use these bricks in what is described as a double leaf structure thus providing excellent insulation for the interior of the building. However, there is more to the humble rectangular fired clay brick than meets the eye.

In the manufacture of fired clay bricks there are three important minerals that must be present in the raw materials, they being kaolinite, quartz and potassium feldspar (orthoclase). Other constituents in the raw materials have little or no bearing on the properties of the final fired product.

**Kaolinite** ( $\text{Al}_2\text{O}_3 \cdot 2\text{SiO}_2 \cdot 2\text{H}_2\text{O}$ ) is a mineral that crystallizes as hexagonal platelets that, when placed in water, can glide over each other. These hexagonal shapes can be viewed under a powerful optical microscope or an electron microscope. This is basically how a “green” ceramic body can be molded together, while still retaining its structural form when dried. This is also the basis for casting shapes in pottery. **Quartz** ( $\text{SiO}_2$ ) is a crystalline material which melts at a very high temperature of about  $1700^\circ\text{C}$ . This would be far too high a temperature at which to economically manufacture fired clay bricks. The role of the **potassium feldspar** ( $\text{KAlSi}_3\text{O}_8$ ) is to lower the melting temperature of the quartz to about  $1200^\circ\text{C}$ . About 5% is sufficient to achieve this objective. The raw material mix is mixed with about 12% water, extruded into the familiar rectangular shapes and dried at  $110^\circ\text{C}$ . It is then fired at about  $1200^\circ\text{C}$  where the molten quartz smears through the brick resulting in a product of low porosity and also imparting physical strength to the finished product.

The colour of fired clay bricks depends on the raw materials from which they are made, the firing temperature and the type of atmosphere in the kiln. Red bricks have a high iron content, while cream and white bricks have very little impurity. Pink bricks are made by adding manganese dioxide ( $\text{MnO}_2$ ) and coal to the raw material mix, where the coal acts to reduce the manganese to its lower oxidation state of Mn(II) which imparts the pink colour. Chocolate-coloured bricks are made by adding manganese dioxide, but no coal, where the manganese remains in its higher oxidation state of Mn(IV) giving the chocolate colour. An oxygen rich atmosphere results in bricks of a variety of red colours, while the use of fuel starved of oxygen results in bricks that are dark blue/black in colour.

Fired clay bricks have two important properties that affect their performance, those being Moisture Expansion and Durability. Fired clay bricks have the property of adsorbing water from the atmosphere on to their surfaces. This adsorbed water causes the bricks to grow, and this is why expansion joints are needed in large buildings to allow for the growth and prevent cracking and

eventual collapse. The vast majority of the growth occurs in the first five years, but samples of bricks stored for 20 years still show finite growth. The mechanism of this expansion involves a very detailed chemical explanation, far too complicated to discuss here. However, their moisture expansion can very easily be predicted using an accelerated steam test. Firstly the length of the brick in its dry state is measured. The brick is then placed in an atmosphere of steam for 4 hours and its length re-measured. The percentage growth can be extrapolated from data tables to give an architect a measure of the five year growth and include such in the building plans. It is also possible to control the moisture expansion from a chemical perspective, where it is known that the presence of calcium (Ca) and magnesium (Mg) in the raw materials leads to lower expansion, while the presence of potassium (K) and sodium (Na) increases the expansion.

The other important property of fired clay bricks is their long term durability. If fired clay bricks are too porous, then the presence of salts such as sodium sulfate ( $\text{Na}_2\text{SO}_4$ ) in the raw materials and, to a lesser extent sodium chloride (NaCl) from sea air, can eventually lead to structural damage. When the bricks are wet, these salts take up little volume in their ionic form. However, on drying, these salts crystallize within the pores accompanied by a marked increase in size. If the bricks are too porous, this continual wetting and drying process will cause the brick to “fret” where external layers will steadily flake away. The role of the molten quartz in lowering the porosity of the brick can now be appreciated in terms of reducing this effect. A low porosity will reduce the likelihood of this damage. A simple test water absorption test can be carried out to gain an insight to the porosity of the fired clay brick. The percentage cold water absorption (%CWA) can be calculated from measuring its dry weight ( $w_1$ ) and its weight after being completely immersed in cold water for 24 hours ( $w_2$ ), according to the simple formula:

$$\%CWA = (w_2 - w_1) / w_1 * 100$$

A low %CWA value will thus reflect a low porosity. The effect of the salt attack can be mimicked by carrying out an accelerated test by a cycling process of immersing brick samples in a strong  $\text{Na}_2\text{SO}_4$  solution and subsequently drying in an oven at  $110^\circ\text{C}$ . The number of cycles required to cause the fretting is then correlated with the %CWA value. The lower the %CWA and the higher the number of cycles, then the greater will be the long term durability of the brick.

Fired clay bricks occasionally display staining as a result of salts not being locked up during the firing process. White deposits caused by calcium and/or sodium salts can generally be removed by washing with water. Yellow and/or green staining on cream and white coloured bricks is a result of vanadium staining and this can be removed by washing with sodium hydroxide, where a one-off treatment is usually a permanent remedy.

*David Phillips*

## NEWS FROM NORTH COAST (WARWICK)

The North Coast (Warwick) Region recently revived an old favourite, Soap Box, revealing a wealth of members' interests and passions. Participants talk for up to five minutes on any subject of their choice. Here is a sample of thoughts shared at that initial session:

**Alan and Terry** paid tribute to two unsung world war heroes from greatly different backgrounds – one a brave and gifted Aboriginal airman; the other a courageous digger and skilled survivor.

**Glenda** spoke with pride of her late mother's decision to will her body to the UWA School of Anatomy for medical research. "She told us to have a party rather than a funeral – and that is exactly what we did," Glenda said, urging colleagues to consider making a similar bequest, sparing their loved ones the financial and emotional costs of a funeral.

**Pete** reminisced about a favourite city – New York – and wondered if its unique character can be explained by its early Dutch heritage.

**Dick** enthused about U3A Online, the virtual online service offering a variety of short courses to people anywhere in the world, but tailored primarily for men and women who are housebound or living in isolated communities. He said U3A Online had not only proved to be an enriching experience but it had also, coincidentally, put him in touch with a friend from his distant past.

**Lilita** confessed that she was thoroughly enjoying learning Russian for Travellers at the City Courses – 'just for fun' though she doubted she would ever get to Russia to use it.

**Trish** admitted that she has worked as a volunteer five days a week as an antidote to loneliness after arriving here from Sydney several years ago. "Until I joined U3A I didn't know anyone in Perth," she recalled. "Volunteering is a great way to meet people and make friends."

**Peter** described an enlightening session at his granddaughter's school, marvelling at the proficiency and creativeness of 12-year-old Power Point presenters.

**Val** produced her vast collection of holiday diaries, comprising many thousands of words recording trips around the world (many off the beaten track) as well as long, leisurely explorations around Australia.

**Jim** shared his passion for the Indian Ocean region and his dream for Australia to become more focused on the countries and their millions of inhabitants to our west.

**Rhonda**, visiting from Mid-North Region, talked about her upcoming visit to Spain and her proposed research into the historic Treaty of Tordesillas - the Papal charter which, in 1481, divided a chunk of the New World between the Spanish Castilians and the Portuguese.

*U3A North Coast (Warwick) welcomes visitors to its Soap Box sessions – held on the first Friday of each month at 2pm.*

Popular duo, Jim and June Barns, are well known as presenters at North Coast (Warwick) and they recently gave a presentation based on the book "The Water Dreamers" by Michael Cathcart. The book tells of how water and dreams of water, such as schemes to transform the country by irrigation and hydro-engineering, have shaped our history and created some of the water problems we have today, problems such as rivers in crisis. Says Jim, "The book should appeal to anyone interested in the challenges Australia has faced with water management in the past and will face in the future, especially if Australia is to become the food basket of Asia as some people envisage".

## AGE AN ILLUSION

*by June Dunstan, Central Region*

Age is an illusion, a concept that is way off the mark. What is too old? Well that depends on how fit you are, on your outlook on life, or on what you want to do with the rest of

your life. Mahatma Gandhi once said, "you should live as if you might die tomorrow and learn as if you could live forever".

Seniors, pensioners, elders – these terms just conjure up visions of folks past their used-by date. It gives society the right to dismiss them. Sure, some people are old when they are forty, others never grow old.

If governments could stop type casting Seniors as a financial burden on society and see their true worth, it might also help change the view of employers and the community. Some of us do valuable work as volunteers in hospitals, nursing homes or charity shops saving the taxpayers money. We join community groups such as National Seniors and life-long learning groups such as University of the Third Age and serve on their committees. We help our neighbours, and care for grandchildren so their mothers can work and pay taxes.

There are many Seniors running their own businesses and others on boards of management. So why are folks over 50 considered too old? Any Senior who wants to join the workforce should be considered on their merits and valued for their life skills not dismissed because of their age.

## U3A CHOIR/VARIETY CONCERT

"Break a leg!" is the traditional statement to wish performers good luck. Our esteemed leader, Margaret Petrovich took it to the extreme and broke her hip during a visit to family in Melbourne. Sadly, Marg has had to miss our 2014 concert at Citiplace on Sunday 4 October. Choir members wish her a speedy recovery.

"The show must go on" and indeed it did! This year's concert provided a selection of solo performances from Pat Spillman who gave a delightful rendition of "I Feel Pretty" from West Side Story and Rod McGrath performing wonderfully with "Mr. Bojangles" and "Country Roads". The Silver Taps showing the audience their highly polished routines, carried out with vibrant enthusiasm. The audience was very appreciative of the Fantasy Item, performed with aplomb by Helen Clements, singing "Fairies at the Bottom of my Garden". The fairies looked "beautiful" in their coloured tutus including whiskers and a beard! Maureen van Geysel, the only female (no beard or whiskers!) was supported by Peter Dredge and Ron Clements. A rousing performance by Brian Dawson of "Master of the House", from Les Miserables was another enjoyable item. Choir members, acting as the rowdy tavern crowd, complemented his fine performance.

There was a very enjoyable repertoire sung by the Choir, under the direction of Choirmaster, Brian Dawson. It included golden oldies, with "The Honey Wind Blows", "The Way We Were" and "Music, Music, Music", all receiving spontaneous and generous applause from the audience. Particularly well received was the lovely rendition of "Nabucco, Chorus of the Jewish Slaves". This song is very demanding and the Choir was successful in managing all the intricacies required. The Variety Concert with Maureen Paterson as M/C, supported by Brian Dawson, was an afternoon of enjoyment in a relaxed atmosphere. Members of the audience spontaneously joined in with many of the songs, and their pleasure was obvious on their smiling faces.

The objective of the U3A Choir is to bring enjoyment and mental stimulation to members and especially to their audiences. New members are very welcome to join the Choir. If not sure about taking the step to do so, come along and try it out before committing to the group. We move into a brand new hall in November, so be part of this new experience. For information contact the U3A Office during office hours.

**Joan Allnutt**

## REGIONAL PROGRAMS – NOVEMBER 2014 TO FEBRUARY 2015

### CENTRAL REGION

Meets on alternate Mondays from 1-4pm at the Community Room of the Grove Library, corner of Stirling Highway and Leake Street, Cottesloe.

10 Nov	1pm 2.30pm	<b>New Norcia: A little bit of Spain in country WA Earthquakes and the Public Seismic Network in South West Australia</b>	<b>Roy Stall</b>
24 Nov	1pm <b>2.15pm</b>	<b>Travelling thought the Kimberley Region Banjo Peterson</b>	<b>Vic Dent (Curtin Uni.) Kay Rae Jono Farmer and David Broadfoot</b>
<b>(Note time change)</b>			
8 Dec	1pm 2pm	<b>Annual General Meeting Christmas Party</b>	<b>Members Members</b>
<b>2015</b>			
2 Feb	1pm 2.30pm	<b>“We of the Never Never” - Jeanie Gunn Bells and Bellringing</b>	<b>June Dunstan Richard Offen (Heritage Perth)</b>
16 Feb	1pm 2.30pm	<b>J.S.Bach: His Life and Music Macular Degeneration</b>	<b>Dixon Adamson Georgina Ryan</b>

Meets on alternate Mondays at Mount Claremont Community Centre, 105 Montgomery Avenue, Mt. Claremont

1- 2pm	<b>Current Affairs Discussion</b>
2- 3pm	<b>Literature and Music Group</b>

### JOONDALUP REGION

Meetings take place at the Rob Baddick Community Centre, Dampier Avenue, Kallaroo. Meetings are held from 11am to 3pm on the second and fourth Mondays, with a social BYO lunch and refreshment break between 1pm and 1.30pm. This is followed by a Guest Speaker. There are no meetings on Public Holidays.

The Special Interest Group facilitator is Clive Paternoster (9305 7231). The Mah-jong Group meets every Monday at 11am, except on Public Holidays, and the facilitator is Trish Lau-Veach (0422 318 304). The 1<sup>st</sup> Book Club meets at 11.45am on the second Monday of the month, and the facilitator is Brenda Hugo (0418 859 955). The 2<sup>nd</sup> Book Club meets at 11.45am on the fourth Monday of the month, and the facilitator is Patricia Lysons (9309 1607). The Gardening Group facilitator is Norman Harrison (9304 0942) and the Group meets by arrangement with members. The Discussion Group facilitator is Terry Westmorland (9304 8426). The Digital Camera Group facilitators are Trevor and Catherine Swan (9404 7412) and the Group meets by arrangement with members. The Journaling Group facilitator is Catherine Fraser (9447 9184). The Games Group meets when there are sufficient members present. The Gardening/Digital/Chatterbox Group meets by arrangement with members. Social Events are posted on the noticeboard and read out in notices. The Region has an e-mail address [u3ajoondalupregion@outlook.com](mailto:u3ajoondalupregion@outlook.com) for member queries, and the Region contact person is Janis Davis (9305 3370).

10 Nov	11.30am 11.30am 11.45am 12.30pm 2pm	<b>Special Interest Group Writers Group 1<sup>st</sup> Book Club Current Affairs Discussion Group Jan Bualsrud Norwegian Commander</b>	<b>Clive Paternoster Patricia Lysons Brenda Hugo Terry Westmorland Stuart Usher</b>
24 Nov	11.30am 11.45am 12.30pm 2pm	<b>Special Interest Group 2<sup>nd</sup> Book Club Current Affairs Discussion Group Overcoming Adversity</b>	<b>Clive Paternoster Patricia Lysons Terry Westmorland Ron Anderson</b>
8 Dec	11.30am	<b>Annual General Meeting and Christmas Party</b>	<b>Members</b>
<b>2015</b>			
9 Feb	11.30am 11.30am 11.45am 12.30pm 2pm	<b>Special Interest Group Writers Group 1<sup>st</sup> Book Club Current Affairs Discussion Group Audio Visual Journey of WA</b>	<b>Clive Paternoster Patricia Lysons Brenda Hugo Terry Westmorland Jenny Bevan</b>
23 Feb	11.30am 11.45am 12.30pm 2pm	<b>Special Interest Group 2<sup>nd</sup> Book Club Current Affairs Discussion Group Beginnings</b>	<b>Clive Paternoster Patricia Lysons Terry Westmorland Richard Offen</b>

### LESMURDIE HILLS REGION

Meets on first and third Tuesdays from 10am-12noon at Falls Farm, Cagney Way, Lesmurdie. Inquiries to Pollyanne Hill on 9291 6652.

4 Nov	<b>Parkinson’s Disease</b>	<b>Jenny Taylor</b>
18 Nov	<b>What is Natural Gas?</b>	<b>John Bromley</b>
25 Nov	<b>Coffee Club</b>	<b>Members</b>

2 Dec	<b>Annual General Meeting</b>	<b>Members</b>
16 Dec	<b>End of Year Christmas Party</b>	<b>Members</b>
<b>2015</b>		
3 Feb	<b>Dolphin Ecology</b>	<b>Sarah Miley</b>
17 Feb	<b>The Story of the Australian Flag</b>	<b>Colin Pember</b>
24 Feb	<b>Coffee Club</b>	<b>Members</b>

### **MID-NORTH REGION**

Mid-North members meet on alternate Mondays at the Church of Christ Community Hall, 68 Waverley Street, Dianella (opposite Centro Dianella)

10 Nov	11.45am 2pm	<b>Rarely Seen Japanese Landscapes So You Want to be a Music Critic?</b>	<b>Trevor Hein Neville Cohn</b>
24 Nov	11.45am 2pm	<b>The Treaty of Tordesillas Marie Antoinette</b>	<b>Rhonda Algaba Elton Brown</b>
8 Dec	11.45am	<b>Annual General Meeting Christmas Luncheon with the Stirling Silver Singers</b>	<b>Members</b>
<b>2015</b>			
2 Feb	11.45am 2pm	<b>Discussion Groups The History of Botanical Exploration in Western Australia</b>	<b>Members</b>
16 Feb	11.45am 2pm	<b>My Work at the Museum of Western Australia, Perth No Minister Retirees WA (Inc )</b>	<b>Alan Notley Margaret Triffitt Alf Gaebler Henrietta de Sa</b>

#### **Music Group**

Meets fortnightly on Tuesdays from 1.15 – 3.15pm at Dianella Community meeting rooms, 18 Kerry Street, Dianella (alternate week to Mid-North meetings). Contact Ann (9444 7782)

#### **Film Club**

Meets on alternate Monday mornings to view a recently released film – coffee afterwards.  
Contact Ginie (9271 7263)

#### **Discussion Group**

Meets monthly on a Tuesday for coffee/chat at 10am, upstairs at Myer Morley in the coffee shop.  
Contact Margaret (9276 3081)

#### **Excursions**

Will be discussed at meetings or contact Ginie on 9271 7263 for further details.

### **NORTH COAST (WARWICK) REGION**

Meetings are held every Friday in the Ellersdale Park Football Clubrooms on Ellersdale Avenue in Warwick. Contact Judith on 9302 2510.

The Walking Group departs from the clubrooms at 1.00pm on Fridays and other times by arrangement. Contact Nina (9309 5560) or verena.bronkhorst5@bigpond.com.

Check the Website [www.u3auwa.org](http://www.u3auwa.org) for changes or additions. Fifth Friday outings are organised and announced at the regular meetings.

7 Nov	Noon 1pm 2pm	<b>Music Appreciation Walking Group Five Minute Soap Box</b>	<b>Jim and June Barns Nina Members</b>
14 Nov	Noon 1pm 2pm	<b>Book Club Walking Group Eruptions that Changed the World</b>	<b>Members Nina Peter Alcock</b>
21 Nov	Noon 1pm 2pm	<b>Committee Meeting Walking Group Annual General Meeting</b>	<b>Nina Members Members</b>
28 Nov	Noon	<b>Christmas Lunch</b>	<b>Members</b>
5 Dec	Noon 1pm 2pm	<b>Music Appreciation Walking Group Five Minute Soap Box</b>	<b>Christmas Collection Nina Members</b>
12 Dec	Noon 1pm 2pm	<b>Book Club Walking Group End of Year Quiz</b>	<b>Members Nina John Buxallen</b>
<b>2015</b>			
6 Feb	Noon 1pm 2pm	<b>Music Appreciation Walking Group Amazing West Australian</b>	<b>Members Nina Lee Tate</b>
13 Feb	Noon 1pm 2pm	<b>Book Club Walking Group Home Support for the Next Season</b>	<b>Members Nina Melissa Young</b>

20 Feb	Noon	<b>Committee Meeting</b>	
	1pm	<b>Walking Group</b>	<b>Nina</b>
	2pm	<b>Members Forum</b>	<b>Members</b>
27 Feb	Noon	<b>Poetry</b>	<b>Members</b>
	1pm	<b>Walking Group</b>	<b>Nina</b>
	2pm	<b>Philosophy and Why Study Sanskrit</b>	<b>Peter Wyder</b>

### ROCKINGHAM & DISTRICTS REGION

Main meetings are held at Masonic Hall, Wanliss Street, Rockingham, first and third Fridays commencing at 1.30pm. For Group Studies meetings contact the Group leaders as listed below. (ML indicates Murdoch Library is the venue.)

7 Nov	1.30pm	<b>History of Serpentine/Jarrahdale</b>	<b>Wilma Mann</b>
21 Nov	1.30pm	<b>Murdoch University and India</b>	<b>Professor Andrew Taggart</b>
5 Dec	1.30pm	<b>Annual General Meeting</b>	<b>Members</b>
12 Dec	1.30pm	<b>Christmas Luncheon at the Navy Club</b>	<b>Members</b>

#### 2015

6 Feb	1.30pm	<b>South America and the Galapagos Islands</b>	<b>Dr David Phillips</b>
20 Feb	1.30pm	<b>Sea Levels – Evidence from Rottneest</b>	<b>Peter Alcock</b>

#### Group Studies Meetings

3 <sup>rd</sup> Mon	Nov, Dec, Feb	2pm	<b>Poetry/Play Reading (ML)</b>	<b>Diana</b>	9593 2313
4 <sup>th</sup> Mon	Nov, Dec, Feb	2pm	<b>Music ONE</b>	<b>Iris</b>	9592 2483
2 <sup>nd</sup> Tues	Nov, Dec, Feb	times vary	<b>Cinema Visit</b>	<b>Liz</b>	9527 9471
3 <sup>rd</sup> Tues	Dec, Feb	2pm	<b>Book Club 1</b>	<b>Gary</b>	9550 4920
4 <sup>th</sup> Tues	Nov, Jan	2pm	<b>Book Club 2</b>	<b>Liz</b>	9527 9471
1 <sup>st</sup> /3 <sup>rd</sup> Wed	Nov, Dec, Feb	2pm	<b>Music TWO</b>	<b>Shirley</b>	9527 1520
Every Thur	Nov, Dec, Feb	2pm	<b>Cryptic Crosswords</b>	<b>Anne</b>	9592 4298
1 <sup>st</sup> /3 <sup>rd</sup> Wed	Nov, Dec, Feb	10am	<b>Open Learning</b>	<b>Liz</b>	9527 9471
2 <sup>nd</sup> Fri	Nov, Dec, Feb	10am	<b>Coffee Group</b>	<b>Wendy</b>	9527 1560
4 <sup>th</sup> Wed	Nov, Dec, Feb	1.30pm	<b>Scrabble Group</b>	<b>Wendy</b>	9527 1560

### SOUTH EAST METRO REGION

Meetings are on the first and third Fridays at the East Victoria Park Family and Community Centre. Inquiries to Norman on 9367 5904.

7 Nov	1.30pm	<b>Visit to Diane's Garden and an Illustrated Talk on Australian and European Garden Design (Meet at East Victoria Park and carpool to Booragoon)</b>	<b>Diane Airey</b>
13 Nov (Thur)	11am	<b>Perth Concert Hall – Marko Letonja Conducts Prokofiev's Romeo &amp; Juliet Symphony and Berlioz's Roman Carnival (Please note the Pre-Concert Talk at 9.40am)</b>	<b>Margaret 9457 3480</b>
21 Nov	2pm	<b>Annual General Meeting and Election of Committee for 2015 (Nominations close 3 weeks prior to Meeting)</b>	<b>Members</b>
5 Dec	2pm	<b>End-of-Year Party – details to be announced</b>	<b>Members</b>
<u>2015</u>			
January		<b>Picnic-in-the-Park – details to be announced</b>	<b>Members</b>
6 Feb	2pm	<b>Presentation on Flamenco Dancing</b>	<b>Tessa Boyer</b>
20 Feb	2pm	<b>Forensic Science</b>	<b>Dr Richard Davy</b>

The following Group will meet at East Victoria Family and Community Centre every Friday from 11.30am - 12.30pm unless otherwise notified

**Qigong:** An easy-to-follow sequence of gentle movements to increase body/mind energy-flow to enhance well-being. This is suitable for all and the Tutor is Doreen Boss (9472 5072)

The following Groups meet at McDougall House, Clydesdale Street, Como

1 <sup>st</sup> Mon	1.30pm	<b>Current Affairs</b>	<b>Maureen</b>	9350 5992
3 <sup>rd</sup> Mon	2pm	<b>Philosophy</b>	<b>Julia</b>	9472 3015
4 <sup>th</sup> Mon	2pm	<b>Play Reading</b>	<b>Alan</b>	9450 2398
			<u>The following Group meets at a members' home</u>	
4 <sup>th</sup> Sat	2pm	<b>Book Club</b>	<b>Maureen</b>	9350 5992

### SOUTH WEST METRO REGION

Most regular meetings are held at the Miller Bakehouse Museum, 7 Baal Street, Myaree. History, Mahjong, World Happenings and Games are held at Kadidjiny Park Hall, 72 Kitchener Road, Melville. Some meetings are held in members' homes. Please contact the appropriate person below for meeting and venue information. Please note some of these groups are in recess during December and January.

3 <sup>rd</sup> Mon	10.30am	<b>Women's Coffee Club</b>	<b>Judy</b>	0427 409 791
4 <sup>th</sup> Mon	9.50am	<b>Looking at Books</b>	<b>Ann</b>	9457 1879
Every Tues	1pm	<b>Mahjong</b>	<b>Kaye</b>	9457 7144
1 <sup>st</sup> Tues	(time varies)	<b>Going to the Movies</b>	<b>James</b>	9272 4929
1 <sup>st</sup> /3 <sup>rd</sup> Tues	9.30am	<b>Writing Life Stories</b>	<b>Gaye</b>	9330 3544
2 <sup>nd</sup> Tues	10am	<b>Reading 21<sup>st</sup> Century Writing</b>	<b>Ann</b>	9457 1879
3 <sup>rd</sup> Tues	1.30pm	<b>Poetry</b>	<b>Daphne</b>	9364 3583
4 <sup>th</sup> Tues	10.30am	<b>Men's Coffee Club</b>	<b>Dennis</b>	9317 7919
1 <sup>st</sup> Wed	2pm	<b>Book Group No. 2</b>	<b>Audrey</b>	9317 8240
1 <sup>st</sup> Wed	9.30am	<b>Current Affairs Forum</b>	<b>Dawn</b>	9317 7687
Every Wed	1pm	<b>Beginners Mahjong</b>	<b>Rhys</b>	9335 6703
Every Wed	1pm	<b>Ukele Playing</b>	<b>Erin</b>	0416 100 146
2 <sup>nd</sup> Wed	9.30am	<b>History</b>	<b>Phyl</b>	9364 3604
3 <sup>rd</sup> Wed	9.30am	<b>World Happenings</b>	<b>Pat</b>	9332 3190
3 <sup>rd</sup> Wed	9.30am	<b>Music</b>	<b>Louise</b>	9330 2630
4 <sup>th</sup> /5 <sup>th</sup> Wed	9.30am	<b>Writing for Pleasure</b>	<b>Beryl</b>	9339 2858
4 <sup>th</sup> Wed	9.30am	<b>Games Group</b>	<b>Alice</b>	9364 9511
Every Friday	9.30am	<b>Mahjong</b>	<b>Kaye</b>	9457 7144
3 <sup>rd</sup> Sat	2pm	<b>Melville Lecture</b>	<b>James</b>	9272 4929

The Melville Lecture is held in the Apollo Room, Melville Recreation Centre, corner Stock Road and Canning Highway, commencing at 2pm. Visitors are welcome, entry is free and afternoon tea is served.

**15 November** **Dr Kesi Kasavan, "Horticulture in the Kununurra and Carnarvon Regions".**

**6 December** **SW Metro Annual General Meeting followed by entertainment by the U3A Choir. Christmas afternoon tea will be served.**

### 2015

**January** **No Lecture**

**21 February** **Dr Anne (Azza) Aly, Curtin University, "The Aftermath of the Arab Spring".**

## SWAN HILLS REGION

Meets at 1.30pm on Fridays at Polytechnic West, Lloyd Street, Midland (formerly Swan College of TAFE) in Lecture Theatre, Block "D", behind the Administration Block "A".

7 Nov	<b>Geological Highlights of WA</b>	<b>Jenny Bevan</b>
14 Nov	<b>Country Towns - Coolgardie</b>	<b>Corry Donovan</b>
	<b>Country Towns - Kalgoorlie</b>	<b>John and Gillian Ashton</b>
21 Nov	<b>Consequences of the Convict Era in WA</b>	<b>Bill Edgar</b>
28 Nov	<b>Living on the Pipeline</b>	<b>Ellie Andrews</b>
5 Dec	<b>Annual General Meeting</b>	<b>Members</b>
	<b>Fun Quiz</b>	<b>Janice Brooks</b>
12 Dec	<b>Christmas Luncheon at Beeches</b>	<b>Members</b>
<u>2015</u>		
6 Feb	<b>Walking Works</b>	<b>Rex North</b>
13 Feb	<b>History of the Panama Canal</b>	<b>Corry Donovan</b>
20 Feb	<b>Inside Natures Giants - the Borneo Jungle</b>	<b>Bob Larwood</b>
27 Feb	<b>Centenary of the Anzacs leaving Albany, WA</b>	<b>John and Maxine Mack</b>

## WANNEROO REGION

Meets at 1.30 pm on the last Thursday of each month at the Wanneroo Recreation Centre, 275 Scenic Drive, Wanneroo. Inquiries to Richard on 9206 3440.

30 October	<b>Buildings and Decorative Stonework in Perth</b>	<b>Norman Harrison</b>
27 November	<b>A Journey down the Canning Stock Route</b>	<b>Gabor Bedo</b>
<u>2015</u>		
29 January	<b>Self Care and Wellbeing</b>	<b>Kate Faraday</b>



## CONVERSATION

Meets at 10am on the first and third Thursday of the month at Drabble House, Nedlands.  
Contact Jean on 9284 1731 or at [jeanr64@bigpond.com](mailto:jeanr64@bigpond.com)

## **A DAY IN THE LIFE OF A RECOVERY MAN**

*by Sidney South, Central Region*

It was on the 26<sup>th</sup> November, 1943. I was a Sergeant (seconded from the British Army to the Indian Army), and operating a recovery unit consisting of two break-down trucks, each with a crew of four. The scene was the Adriatic coast of Italy, and the Germans were making us pay bitterly for each river we crossed.

A battalion of the Essex regiment was moving up, but had to abandon one of their Bren Gun Carriers that was refusing to work. Like a mini-roofless tank, and open to the elements, it runs on tracks. The problem appeared to be nothing more than dirt in the carburettor, so I sent the Indian Corporal on with the two trucks, as others were in need of our help. Taking my tool box and gun, I settled in to two hours of work.

The engine gave a healthy roar and I set off in a vain attempt to catch up with its owners.

Now these machines are exceptionally noisy, the engine being located just the rear of the driver's left ear, so I had no idea how long the truck behind had been trying to pass me, but it made its dash just as we were approaching a bridge.

Surprise would be an understatement, as the truck cut sharply in front of me. Instinctively, I wrenched the steering wheel to the right, to even more smartly straighten up, as a series of white, wooden posts sailed back over my head.

Heart in my mouth, I carefully slowed to a stop, before carefully inching the wheel to the left, for the track had been running half on and half off the bridge, which now sported a lopsided appearance, its white post gaily sailing down the river, to the Adriatic, a river swollen by heavy rains, and which were now threatening a repeat performance.

The village was a replica of most of the villages, painted white. This one was perched on top of a small hill, a steep, cobbled road leading the way. But as I neared the summit I had to slow, and this is when the tracks began losing their grip on the slippery cobbles, and the whole shebang began sliding and sashaying backwards.

A scream of absolute terror filled the air, followed by a sickening crunch, as the carrier made contact with the front of the house. Cutting the engine, I leapt out. The elderly gent was in the upright position, back pressed against the door. The tracks had made contact with the walls on either side of the door – leaving a healthy four inches separating the rear of the carrier from the near victim.

My hammering on the door brought the lady of the house. If she would please get the man inside I'd shift the carrier, I hoped.

The rain wasn't making it easy, coaxing it to the top of the rise. Parking it, I ran back to check on the poor old fellow, now seated on a chair in the hallway. Apart from his ashen face, he hadn't been scratched.

The woman was a motherly sort. Tut-tutting, she patted my arm, told me not to worry, and to leave everything to her.

It was evening, when I pulled off the road to where some of our artillery was sending 5.5 inch shells enemy-wards. I needed directions and was invited to join the Bombardier Sergeant Major at the camp fire for a mug of hot, sweet tea. He told me I would find the Essex about two miles down the road, and on the same side. But before we could get comfortable a runner arrived with a request to increase

range, as our shells were falling amongst our patrols. My companion left, and so did I.

Placing my tool box across the driver's seat gave me an uncomfortable elevation, just enough to see over the top of the armoured apron, for the driver has only a narrow, vertical slit to see through. Low clouds had blackened the evening and the tall hedges continued to follow the road.

Progress was painfully slow, and because the control panel was not illuminated I lost my reckoning as to how far I'd travelled, and there hadn't been a sign of a soul. I decided to give it ten more minutes, and then turn back. It was hardly a road, rather more a twisting lane, with the hedgerows for company. That was enough! I had no idea where I was.

Spinning the carrier around, I cut the engine and listened. Even the 5.5's had ceased firing, reminding me that they had needed to increase range. The night was unnaturally still until a command was nervously barked, "Password, or we fire!"

Password! I'd never had to use them. In an anguished voice I ground out "Oh, Sugar!" or something like that. Snappingly came back the response, "That's not it!" After a brief silence I heard a suppressed chuckle and a second voice called "We'll give you two more guesses, then we open fire!" I had found the Essex.

One patrol was detailed to escort me back to safety, where thanks were showered upon my head and another mug of hot, sweet tea placed in my hand, my second most consistent occupation when in action. "But you chose a damned funny route to deliver it to us!"

It appeared that I had penetrated behind enemy lines, probably scaring half the German Army into changing an item of underwear, to emerge with not as much as a scratch to show for it.

For that daring piece of affrontary, I received not so much as a "Mentioned in Despatches".

And so it was that I joined the ever lengthening list of the unsung Heroes of that War.

## **STREAM OF LIFE**

*by Meryl Manoy, North Coast (Warwick)*

My eyes plumb the cool clear depths  
of silent pools along the stream  
revealing rounded polished stones.  
This soothing steady flow evokes  
a peaceful contemplation.

Floating leaves and bark from trees,  
brightly coloured dragonflies  
follow the meandering stream -  
eddies now appear,  
here some froth,  
there some bubbles.

Its flow quickens in descent  
approaching nearby waterfall  
where spiders' tenuous silken threads  
glisten in the misty spray -  
placidness returns.

The course of this winding stream  
mirrors life's journey  
alternately rough and smooth  
turbulence and tranquillity.  
Our final destination, one  
with the vast sea of infinity.

## ROCKINGHAM & DISTRICTS VISIT TO NOTRE DAME UNIVERSITY

On Friday 29<sup>th</sup> August 2014, 18 members of the Rockingham & Districts Region embarked on a visit to Notre Dame University in Fremantle. Despite the predicted weather forecast of 100 km/h winds, possible storms, heavy rain and flash flooding, these hardy souls boarded the 825 route bus to Fremantle, in order to undertake a booked tour of the University.

On arrival in Fremantle, we managed to dodge the rain as we proceeded to the first University building, where we were warmly greeted by our guide Leigh Dawson. Leigh began by giving us an overview of the history of the University which was established in Fremantle in 1989 as Australia's first Catholic University. It now has a campus in Broome and two in Sydney. In Western Australia the University offers courses in Arts and Sciences, Business, Education, Health Sciences, Law, Medicine, Nursing/Midwifery, Philosophy/Theology and Physiotherapy at Fremantle, while courses in Arts and Sciences, Education, Nursing/Midwifery and Philosophy/Theology are offered at Broome.

Throughout the tour the history of the buildings was explained, some of which had been derelict for years. The restoration work carried out on what were mainly warehouses and abandoned buildings is truly amazing. One of the most interesting buildings is the so-called Foundational Building. This building was built in 1889 for the Sandover family who operated as general merchants. It was a warehouse with the ground floor section north of the current reception area used as a bond store. The Staffing Office area served as a pianoforte salon, and was used to sell and demonstrate pianos imported from Europe. Later the building was used for wool storage and became known as the Wool and Mohair Building. It had been empty for some years prior to the University purchasing it in 1991. The refurbishment of this National Trust listed property was undertaken by architects Oldham Boas Ednie-Brown at a cost of \$2 million and was completed in 1993. The downstairs area is used as a main reception and administration area, and also houses Foley Hall, named after Archbishop Foley, who played an integral role in the founding of the University. The Vice Chancellery and University meeting rooms are located upstairs.

Another interesting building is the Courthouse, the construction of which began in May 1883 and finished in April 1884. Almost immediately there was criticism of the facility. In letters to the press, locals complained about the lack of public gallery space and the unhygienic state of the building in general. At the end of 1918 it became a temporary home for war ravaged European migrants. During the 1920's and 1930's it housed the office of the Public Works Department. In 1997, Notre Dame signed a 10-year lease with the State Government on the condition that it restored the heritage of this building, including the installation of the original benching from Perth's Beaufort Street Magistrate Courts. Through the generosity of donors, the building was equipped with state-of-art electronic equipment and transformed into an eCourt in 2010. It was named the *Justice Owen Moot Court* in 2011, which recognizes the significant dedication to the legal profession in Western Australia by Justice Neville Owen.

The third building of interest was the St. Teresa's Library. In 1967, the present building was constructed to become Bateman's Hardware and became a popular and well-known centre for the building trades. The store was closed in 1985. Next to Bateman's first property was a two-storey residence which spanned the present entrance to the

courtyard. Bateman purchased this in 1873. Under the direction of Marcus Collins it was converted to a Library in 1995, and is a vital element in the life of the University. You can still see the large wooden posts, wooden ceiling rafters and wheels which assisted lifting heavy loads. In fact, there are still pieces of machinery in the buildings surrounding the Library courtyard, which were used in the olden days, and serve as a reminder of the activities which used to take place.

It was unfortunate that the wet weather somewhat soured the visit, as the tour took us outside to the various buildings and it rained heavily as we scurried from building to building.

After a fish and chips lunch at Cicerello's, the rain stopped long enough for us to wend our long way back to Market Street in order to catch the bus back to Rockingham, then onward to home and dry clothes! All our members thoroughly enjoyed the day and it was definitely worth getting wet!

The tour was excellent and our guide Leigh was genuinely happy to escort us. We learned so much about the history of the University and its buildings. We highly recommend this tour to everyone. The tour takes place every Friday apart from Public Holidays. It commences at 11.00 am, takes about one hour, and is free of charge. **Jean Barnes**

## CONTINUING "BEYOND BALI"

Our U3A Seminar held in July was such an overwhelming success that it has prompted a surge of interest in Indonesia. Following three excellent presentations on the "Beyond Bali" theme, members of North Coast (Warwick) have been exploring the possibility of a group tour to Indonesia.

Says North Coast Chair Pauline Yarwood "Just like our Seminar speakers we are looking beyond Bali, possibly combining stopover flights between Perth and Denpasar with 10-14 day rail or coach travel across Java to major cultural sites like Borobudur. True to the spirit of U3A, the emphasis would be on looking and learning rather than beaches and theme parks."

North Coasters are seeking quotes from several well-known travel organisations specialising in group travel for Seniors and are inviting U3A members from other Regions to indicate their no-obligation expressions of interest. The popular suggestion is for a tour scheduled for mid-2015, with the cost expected to be around \$2,000 per person twin share. Travel insurance could cost an extra \$600, although many U3A Seniors may qualify for free travel insurance if they have an appropriate Credit Card.

For further information e-mail Pauline Yarwood at [jpyarwood@bigpond.com](mailto:jpyarwood@bigpond.com)

## CAR LICENCES

Are you paying too much for your car registration? We were because we did not notify a Licensing Centre about a change of vehicle. The discount we were receiving, available to all Age Pension and Commonwealth Seniors' Health Card owners and WA Seniors Card Holders, was not carried over.

This is not done automatically. It applies to a particular vehicle and if you purchase a new vehicle you must apply in person at a licensing centre. Make sure you take relevant cards, driver's licence and latest renewal notice. Retrospective refunds may also be available. The saving is around \$130 per year on a medium sized car.

**Peter Flanigan and Rosemary Grigg**

## SPRING INTO SPRING WITH A SEPTEMBER LUNCH

Members of SW Metro U3A enjoyed a splendid lunch on 3 September 2014, organised by their committee and member Margret Terry. The 50 available tickets sold out quickly, no doubt due to the successful lunch held in 2013.

Entertainment began immediately at the advertised start time of 12 noon, with a trivia quiz. Australian questions kept us engaged, but many of us wished we could remember more of the history of our times. Then, MC Terry Brown, swish in red tails, gave an interlude of jokes which hit the mark.



The catered meal followed - roast beef, pork and chicken, served with hot vegetables or salad, followed by a choice of pavlova, cheesecake or apple crumble. Everybody was satisfied, especially since seconds of dessert were offered.

A skit written by Kathy Money followed lunch. She commandeered "volunteers" to take part, and had "dress-ups" organised to make the characters more convincing. There was a princess (James Campbell), a frog (Judy Dolling), a king (Kath Lulham), a queen (Kaye Adair), a dog (Rhys Gray), a wicked witch (Linley Batterham), a table (Phil Abbott), a tree (Pat Forster), an audience leader (Margie Bolton) and a narrator (Kathy Money).



The gist of the story was the dog was a though nuisance even when put under the table in disgrace, the witch scared everybody, and eventually the princess kissed and hugged the frog who turned into a prince. The lengths of the skit and audience involvement were just right, making the whole thing an enjoyable finish to the SW Metro lunch.

### MY LONG WALK

*by Erica Becker, South West Metro Region*

When I read Ethel Muller's contribution to the last issue of Inform about some highlights of her life and her achievements, I thought of my own life spanning nine decades, and there are some similarities between her life

and mine. I was also the fifth child of our family and lost my father when I was a young teenager. I loved walking and had to do so out of necessity to keep going. In all my childhood in Germany I walked or cycled to school and other venues, and hiked with friends during school holidays.

I was born in Leipzig, not far from Dresden and worked as a kindergarten teacher in different cities during the War years. I often walked the children into the safety of bomb shelters! In 1944 it was obvious that Hitler had lost the War and western parts of Germany had already been occupied by French, English and American forces. As Russian troops were on the march towards our part of Germany, my best friend and I decided to flee to safety in the west. In the darkness of an early morning in 1945, we managed to stealthily cross the so-called border. From there on, it meant walking, walking, walking in our tracksuits and practically no other belongings except for a raincoat and a change of underwear.

Days later there were streams of whole families pulling and pushing carts loaded with their possessions. There were young children and old people all aiming to avoid the Russian invasion. Initially we had to beg for food from farmers and then later were able to get some food thanks to organised food coupons. We found shelter in empty halls, farm sheds or whatever was available. One day we discovered a discarded pram in a roadside ditch and we decided to push that along filled with our few belongings. The pram eventually lost its wheels and we walked for weeks and weeks.

Life had to go on with no time to feel sorry for oneself. Occasionally we were lucky to have a short train ride, where the rail lines had not been destroyed. We sometimes decided to walk barefoot when the road surface was smooth to give our shoes a longer life. We eventually crossed the whole of West Germany. My friend settled in Bremen and I found refuge with relatives near the Belgian border.

When my husband and I migrated to Australia in 1949, we and our daughters relied on our legs and bikes for many years until we could afford to purchase a second-hand car. I have no regrets whatsoever and I never needed special exercises or gymnastic activities or diet to keep fit and trim. Walking and cycling plus a simple life style in general, including a positive attitude and a sense of humour, have certainly helped me to stay in good health.

However, my walking has now become slow and I need the help of my walking sticks.

Erica is a founder member of the South West Metro Region. Alas she is no longer an active member of the Region and she is just one year younger than the amazing centenarian Paul Royle of the Central Region.

### LOTTERYWEST ASSISTS CHANGEOVER

North Coast (Warwick) U3A is geared up and ready for the proposed broadcasting band changes, thanks to a \$1750.00 grant from Lotterywest. Some clubs and organisations using wireless audio devices, such as wireless microphones, may find their systems will no longer be operational after 1 January 2015 when the Federal Government's proposed changes come into effect.

U3A Regions have been well aware of the forthcoming changes and could also be eligible for a Lotterywest grant to assist with costs. Says North Coast treasurer Terry Harvey, "Lotterywest gives generous support to not-for-profit organisations making a useful contribution to the community, which is exactly what U3A is doing, with our commitment to provide ongoing educational opportunities for seniors."

## FILM GROUP

Do you have an aspiring fireman or an actor in the family? The U3A Film Group has an outstanding opportunity for its next production – being a FIREMAN. No previous experience is necessary as our resident Writer/Director John Bath will take you on a journey on which you will be proud. Someone aged 25 to 50 years is needed to volunteer as the front person in an educational/instructional Fire Safety video, specifically for deaf and hard of hearing. You probably fall outside this age requirement, and if you are reading this you may not quite pass muster as an active experienced FIREMAN. So maybe you could identify a son, nephew or friend and then contact Steve Thompson on 9457 0771.

The Film Group will be filming a presentation by Margaret Lawlor at a Rotary function at the Parmelia Hotel to promote “Odd Socks Day” on Friday 3 October 2014. This is part of mental health awareness week, and will be aimed at relieving the stigmas associated with mental health issues, as well as highlighting the amazing community support work carried out by “GROW”, the international community-based support group for mental health. **Vicki Norman**



CELEBRATING THE COMPLETION, and HANDOVER OF COMPETITION DVD : BY U3A FILM GROUP MEMBERS TO BETTER HEARING AUSTRALIA W.A. at a luncheon at WAIDE in Mosman Park.  
From L to R: John Bath (writer/Director) Peter Alcock (producer/Editor) Steve Thompson (Cameraman) Vicki Norman (Production Manager) Walter R Thompson (BHA WA) Julie Edmonds (Executive Producer BHA WA) Peter Browne (Sound Engineer) Dr Barnard Clarkson (BHA WA) Isaac Edmonds (Film's Star)

## THE GALAPAGOS ISLANDS

Your Editor visited the Galapagos Islands in May 2014 as part of a vacation in South America. The islands are an Ecuadorian province and were studied by Charles Darwin during the voyage of the “HMS Beagle” in 1839, where his work contributed to his theory of evolution by natural selection. Darwin noted that although all of the islands shared similar volcanic compositions, environment and climate, each isolated isle was home to its unique set of species. These species had adapted to a unique diet and the microenvironment of their area. The islands are often described as a laboratory of evolutionary change and their ecosystems have remained unchanged, such that about 95% of the islands’ pre-human biodiversity remains intact. There are 18 main islands, the first of which were formed some 100 million years ago. The youngest of the islands are still being formed, with the most recent eruption in April 2009.

Isabela Island, named after Queen Isabela of Spain, is the one with the famous seahorse shape, the product of merging six volcanoes into one land mass some 1 million years ago. It is the youngest of the islands and is the only island to stride the Equator. The animal, bird and marine life found at this island are beyond compare, and these are two of the unique species found there:



**Blue Footed Boobie**

Santiago Island, named San Salvador after the first island discovered by Columbus in the Caribbean Sea, consists of two overlapping volcanoes. The island used to be inhabited by a large number of pigs and goats introduced by humans, but these have been eradicated. Sea lions are to be found in abundance:



**Marine Iguanas keeping warm**



**Sea Lion with Suckling Pup**

Fernandina Island is named in honour of King Ferdinand II of Aragon, and is the second youngest of the islands. A

very eruptive process began there in May 2005 and different types of lava flow can be observed and compared. Bird life is common on this island including the famous flightless cormorants, Galapagos penguins and pelicans:



**Flightless Cormorant**



### **Galapagos Penguins**

Santa Cruz Island, the name of the Holy Cross in Spanish, hosts the largest human population of the archipelago. It is famous for its giant tortoises. The Charles Darwin Research Station on the island operates a tortoise breeding centre where young tortoises are hatched, reared and prepared to be introduced into their natural habitat.



**Giant tortoise about 90 years old**